

# SPORTS

erin.smith@kirtland.af.mil

## CLASSES

**A Kayak Touring class is offered, which consists of three parts. A classroom lecture, a pool session and a trip to one of the local lakes for an over night kayak trip. All paddle gear included. Cost is \$150 per person. May 25, 27, 29-30, Tue. 6-9 p.m., Thur. 5:30-8 p.m., Sat. 7 p.m. departure, Sun. 6 p.m. return. Call 846-1499.**

**PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups. The aerobic portions focus on intense exercises—jumping jacks, sprints, hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run. PT Prep is Mondays, 6 a.m. and 4 p.m. and Wednesdays and Fridays at 6 a.m. Call 846-1102.**

**The Low-Impact Aerobics class begins at 9:30 a.m. Mondays, Wednesdays and Fridays at the East Fitness Center. Call 846-1102.**

**Recall the glory days of boot camp while getting into shape. Classes are Wednesdays, 5 p.m., at the East Fitness Center. Call 846-1073.**

**Indoor cycling classes are held at the East Fitness Center, Monday-Thursday, 6 p.m. and Saturday, 1 p.m. Call 846-1073.**



**Water aerobics is open on a pay-by-the-day basis at no additional charge with no additional charges on pool passes. Classes are Mondays, Wednesdays and Fridays, 10-11 a.m., and 11a.m.-noon; and Mondays and Wednesdays, 5:30-6:30 p.m.**

**Join our Yoga Class Saturdays at 11a.m.! The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.**

## CLUBS

**The Summer Reading Club begins at the Kirtland AFB Library on Saturday, June 19 and runs for 8 weeks, ending with a party on Aug. 14. Program is each Saturday at 1 p.m. All children through seniors in high school may sign up. If the child cannot read yet, he or she may be read to. Sign the child up, come to the programs, log the books read and collect prizes! Program is free. Call the library at 846-1071.**

**The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired. Call 271-9586.**

**Flag Football League practice begins June 18. Games will be played Monday through Thursday starting at 5:30 p.m. Cost is \$35 for members and \$45 for non-members. Call 853-5437.**

**Fitness Center Handball Club meets 11 a.m.-1 p.m. on courts 2 and 5 for challenge games. New members are always welcome. Contact Bob Sanchez at 846-2454 or John Nowicki at 883-3018.**

**The Manzano Archery Club (located on Kirtland AFB) is hosting an archery 3-D shoot on May 23 at Kirtland AFB. Registration starts at 8 a.m. Fee: Adults \$15.00, Youth \$7.00, under 12 years \$5.00. Enter through the Wyoming Gate. Call Dewey Reed 883-2818 for base entry procedures.**

## GOLF

**Join Tijeras Arroyo Golf Course for the 377th Air Base Wing Spring Scramble. Shotgun start is May 28, 1 p.m. A Demo Day also takes place with brand names like Titleist, Cobra and Srixon. \$35 per person includes greens fees, range balls, cart, dinner and prizes. Sign up in the pro shop or call 846-1169.**

**Junior Golf Camp will be held June 14-18. Classes will be conducted Monday - Thursday 8:30 a.m. to 10:30 a.m. and Friday 8:30 a.m. to 11 a.m. Youth are not required to have prior knowledge of the game of golf. The program is open to ages 8-17. Parents can sign up their children at the Youth Center. Cost is \$30 per student. For additional information call the Youth Center at 846-4092.**



## Over-30 team wins All-Star B-ball tourney

The All-Star Basketball game, May 7, included representatives from the over-30 squadron teams competing in a head-to-head competition against representatives from the squadron intramural teams.

Wayne Parson, 377th Services Squadron nightshift supervisor, said, "the game was won by the greatly experienced over-30 team with a score of 58-44 defeating the young energetic squadron's intramural team players."

**LEFT**—Henry Norval reaches for the ball followed by Daniel Singleton (left) and Jeff Decambra (back).

**RIGHT**—King Sanders goes up for a shot guarded by Henry Norval while Lance Hunkle (left) and Daniel Singleton (right) wait for a possible rebound.

